

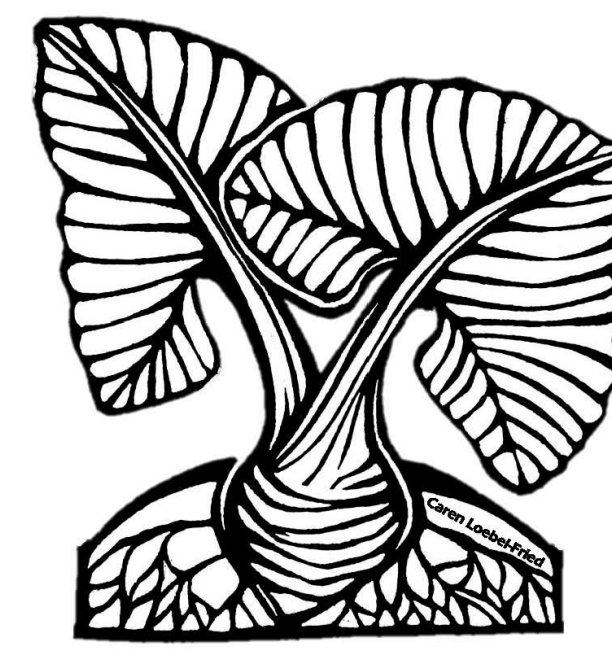
Ka Momona O Ka `Āina

The Bounty of the Land



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Diabetes in Hawai`i

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Diabetes is a common health issue and the 7th leading cause of death in Hawai`i. It occurs when our blood glucose, also known as blood sugar, is too high. Symptoms of diabetes include frequent urination, excessive thirst and hunger, fatigue, blurry vision, slow-healing injuries, and tingling, pain, or numbness in the hands and/or feet. Individuals with diabetes are at greater risk of developing health issues such as cardiovascular disease, eye disease, and kidney disease. This underscores the importance of prevention and management in reducing the incidence of diabetes.

One way to help prevent

diabetes is by eating a healthy diet. Diets rich in vegetables, whole grains, lean meats, poultry, fish, nuts, and beans, and low in saturated fats, trans fats, salt, and added sugars, are recommended for maintaining a healthy weight.



Some tips for healthy eating include eating a variety of vegetables, especially non-starchy ones, choosing whole foods over processed foods, and limiting added sugars and refined grains like white bread and white rice.

Another way to prevent diabetes is by increasing physical activity. Regular exercise can help control blood sugar and blood pressure, reduce cholesterol levels, and maintain a healthy weight. It is recommended to engage in at least 150 minutes of moderate-intensity physical activity per week. This could be 30 minutes on 5 or more days a week, or it can vary in length and frequency. Examples of moderate-intensity physical activity include brisk walking, mowing the lawn, dancing, bicycling, or swimming.

To learn more about diabetes and prevention, visit this website:

<https://health.hawaii.gov/diabetes/diabetes-prevention-and-control-program/what-is-diabetes/>

Understanding Added Sugars

Added sugars have become a growing public health concern, especially in children's diets. According to the U.S. Food and Drug Administration (FDA), added sugars include those introduced during the processing of foods, such as sucrose or dextrose, or those found in syrups, honey, and concentrated fruit or vegetable juices. Importantly, these do not include naturally occurring sugars present in milk, fruits, and vegetables.

In an effort to promote healthier diets in schools, the USDA has implemented new guidelines for limiting added sugars in meals provided through the National School Lunch Program (NSLP), School Breakfast Program (SBP), and Child and Adult Care Food Program (CACFP). These guidelines will roll out over the next few years, introducing both product-based and weekly dietary limits.

Upcoming Product-Based Limits (Effective July 1, 2025)

Starting in the 2025-26 school year, the following limits on added sugars will be implemented for common school meal items:

- **Breakfast cereals:** No more than 6 grams of added sugars per dry ounce.
- **Yogurt:** No more than 12 grams of added sugars per 6 ounces (or 2 grams per ounce).
- **Flavored milk:** For elementary schools, flavored milk may contain up to 10 grams of added sugars per 8 fluid ounces. For middle and high schools, flavored milk sold as a competitive food may contain up to 15 grams of added sugars per 12 fluid ounces.

These product-specific limits will apply to foods offered as part of school meals as well as those sold a la carte or in vending machines

Weekly Dietary Limits (Effective July 1, 2027)

By the 2027-28 school year, the guidelines will go further by setting weekly limits on the total amount of added sugars allowed in school meals. Under this rule, less than 10% of a student's total caloric intake from breakfast and lunch can come from added sugars across the week.

Why This Matters



Reducing added sugars in school meals is a critical step toward improving children's health and well-being. High consumption of added sugars is linked to various health conditions, including obesity, type 2 diabetes, and heart disease. By setting clear limits on added

sugars, the USDA aims to ensure that school meals provide students with the nutrients they need while minimizing their intake of unhealthy ingredients.

For schools, these new regulations mean a shift in food procurement and menu planning, emphasizing healthier options that align with these guidelines. Parents and caregivers can feel reassured that the meals their children receive at school will contribute to a balanced diet, reducing the risk of long-term health issues.



Buy Local, Eat Local, Stay Local





Kabocha Thai Curry

Our Kabocha Thai Curry is prepared from local grown produce. It features garden fresh vegetables from the fields with tender beans, tofu, coconut milk and aromatic flavorful ingredients.

Directions

Procedures-

1. Place cut kabocha in pot and steam or simmer in water until fork tender with internal temperature of 135 F/57 C or higher for 15 seconds.
2. Heat skillet pan at medium heat with oil and cook onion until translucent. Then add ginger and continue the cooking process until ginger fragrance appears.
3. Add vegetable broth and red curry paste stirring until well incorporated. Then add long beans and simmer mixture until long beans are tender.
4. Turn skillet pan heat down to low and add coconut milk and kabocha. Carefully stir mixture until well incorporated. Continue the cooking process for another 5 minutes. Then add tofu and carefully stir. Cook the mixture until internal temperature is 135 F/57 C or higher for 15 seconds.
5. Add in the basil and sugar. Stir mixture together until well incorporated.
6. Turn heat off and place mixture into serving dish.

*To decrease spiciness, use less red curry paste.

Ingredients

- 2 1/4 t. Canola oil
- 3/4 c. White onion, medium
- 3 T. Ginger root
- 3/4 c. (1/2 Lb.) Long beans
- 2 c. Vegetable broth, low sodium
- 3 1/2 T. Mild Red curry paste*
- 1 7/8 c. (15.37 oz.) Light coconut milk, low sodium
- 3 1/2 c. (1 Lb.) Kabocha squash
- 1 3/4 c. (14.00 oz.) Tofu, firm
- 1/2 c. (0.72 oz.) Basil leaves, fresh
- 2 T. Granulated Sugar

Type 2 Diabetes Prevention Tips

Type 2 diabetes is a growing health concern, but there are proactive steps you can take to reduce your risk. Here are some important prevention tips to help keep your health on track:

1. Move More

Physical activity is essential for preventing Type 2 diabetes. Aim for at least 150 minutes of

moderate-intensity exercise per week. This can be broken down into 30 minutes of movement on five or more days a week, or spread out in shorter sessions. Activities such as brisk walking,



dancing, biking, swimming, or even mowing the lawn count toward your goal. Staying active helps maintain a healthy weight and keeps blood sugar levels under control.

2. Maintain a Healthy Weight

Maintaining a healthy weight can greatly lower your chances of developing diabetes. Start by setting small, realistic goals and gradually work towards them. Keeping a food and activity log can help you stay mindful of your habits. When it comes to eating, practice portion control,

opt for water instead of sugary drinks, and choose nutrient-dense foods. Small changes in your lifestyle can make a big difference over time.



3. Eat Healthy Foods

Your diet plays a critical role in diabetes prevention. Fill your plate with vegetables, whole grains, lean meats, poultry, fish, nuts, and beans. Be mindful of limiting saturated fats, trans fats, salt, and added sugars. Incorporating more fiber into your meals, such as brown rice, spinach, and apples, helps regulate blood sugar and improves digestion. Try to avoid refined grains like white bread and white rice, which can cause blood sugar spikes.

4. Talk to a Doctor

Regular check-ups with your doctor are key to staying ahead of diabetes. Ask your doctor whether you should be tested for diabetes and learn about prevention programs that can guide you on a healthy path. It's also important to monitor your overall health—get your blood pressure checked every 3 to 5 years starting at age 18, and have your cholesterol levels tested every 4 to 6 years. These routine checks will give you a clearer picture of your health and allow for early interventions if needed.



By staying active, eating a balanced diet, and keeping in touch with your healthcare provider, you can take control of your health and lower your risk of Type 2 diabetes. Start making small changes today to protect your future well-being.



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